



Pleasantries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us



December 2015

Pleasant Street Center

49 Pleasant St.

781-942-6794

Mon. – Fri. 8:30 - 4:00 p.m.

Coordinator/Sharon Thomas

781-942-6796

Outreach, Kerry Valle

781-942-6659

Nurse Advocate,

Alyse Warren

Elder / Human Services

16 Lowell St.

781-942-6608

M, W, & Th. 7:30 - 5:30 p.m.

Tuesday 7:30 - 7:00 p.m.

Elder/Human Administrator

Jane Burns - 781-942-6658

Clerk, Ann Gentile -

781-942-6608

Holiday Celebrations at The Center



Holiday Special Lunch

Tues., Dec. 15, 12:00 – 1:30 pm Sing-a-long with Mel Stiller

The Reading Middle Schools Select Chorus and Coolidge's Hand Chime Choir

Tues., Dec. 22, 12:30-1:00. The Reading Middle Schools will perform holiday tunes under the direction of Jenny DiMuzio and Cheryl Webster.

Christmas Eve Brunch

Thurs., Dec. 24 - 10:00 Join us for brunch and some Christmas cheer. Omelets, sausages, and French toast sticks and other holiday treats. Reservations required by calling (781) 942-6794. \$2.00 suggested donation.

New Year's Eve Party/Yankee Swap

Thurs., Dec. 31, 11:00 - 1:30 p.m. - Join us for lunch with a special dessert and some holiday fun. Feel free to bring a wrapped gift for the "Re-gifting Yankee Swap" (value \$3 - \$5); for some added fun bring your strangest, "Why did they give me this?", or "What am I supposed to do with that gift"? Suggested donation for lunch is \$2.00.

RMLD PROGRAM



Mon., Dec. 7, 12:00—Lunch n' Learn with Reading Municipal Light and the Climate Committee. Learn about the little things you can do to start on the path to saving money by saving energy. RMLD will review their various savings programs as well as their energy audit program. Attendees will receive one free LED bulb and others will be available to purchase at a discount, including LED holiday lights. Hear a preview of a financial assistance program under development by the Climate Committee.



IMPORTANT SYMBOLS

Registration Required, 781-942-6794

Free Transportation



Reservations start Monday Nov. 23 Please call by noon at least **two** days before the event.

COPING WITH LOSS



Coping and Healing During the Holidays Workshop Tuesday, December 8, 10:30 – 12:00

If you've experienced a loss, dealing with the holidays isn't easy. But there is help The Bertolon Center for Grief and Healing is offering a ONE DAY WORKSHOP and will provide education about grief, suggestions and techniques for coping with loss and an opportunity for participants to share their experiences with one another.

While the workshop is free and open to anyone in the community, advance registration is required. Breakfast treats included. Call 781-942-6794

FUN FOR ALL

**Movie Day: The Bishop's Wife—(1947)**

Thurs., Dec. 3, 1:00 - An angel arrives to help a bishop with the building of a new cathedral, but his advice has more to do with fixing the clergyman's strained marriage. Cast: Cary Grant, Loretta Young, David Niven

**Movie Day: Star Wars (original episode), Thurs., Dec. 17. Remember how it all started?**

In a galaxy far, far away, George Lucas cemented his status as a pop culture legend with this classic battle between good and evil. This is the original episode that thrilled moviegoers during the film's initial theatrical run. Luke Skywalker and Han Solo, with the help of Obi-Wan Kenobi, face off against Darth Vader to save Princess Leia and destroy the Death Star.

Gingerbread House Workshop - Wed, Dec. 9, 3:00 - 4:30pm **Children** (grades 2 through 5) and **Seniors** are invited to partner for this event. Children should register at the **Reading Public Library's** 781-942-6705 or www.readingpl.org/kids; **Seniors** register at the **Pleasant Street Center** or by calling 781-942-6794. All supplies will be provided. Thanks to the Friends of the Reading Public Library for sponsoring this free program.

Northeast Youth Ballet presents: The Nutcracker: Thursday, Dec. 10—10:00 (leaving Reading @ 9:00 by van). Tickets and transportation are free. Attendees must use van transportation. Due to the popularity of the performance and limited number of seats, we ask if you have attended in the past that you wait until Nov. 30, to call for a reservation.

SCUTTLEBUTT

Thursday, Dec. 3, 10:00 - George Wetmore, a Reading Resident and a WWII Veteran will be our guest speaker. To register contact Kevin Bohmiller by Tues., Dec. 1. If you are staying for lunch; choice of a hot or cold meal. 781-942-6652 or email at kbohmler@ci.reading.ma.us. Transportation available.

GET YOUR GAME ON!

Games on the Big Screen, see you next month - 1:30 Wii Games - "Deal or No Deal", "Who wants to be a Millionaire", group picks!

Cribbage: Mondays, 1:00 - 3:00

Bingo: Tuesdays 1:00—2:30

Billiards: (No van) Wednesdays, 10:00 - 11:15

Pool table is available Monday - Friday

Mah Jongg: Thursdays, 12:30 - 3:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, Maximum 32, (No Van).



SPECIAL LUNCHES



Birthday Lunch: Monday, December 21, Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free gift and lunch is free. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$2.00



Lunch is served: Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50)

PLEASANT STREET SPA

**For manicures & chair massage
please call the Pleasant Street Center
(No Van Service)**

Chair Massage - Thursday, Dec. 3 & 17 - 9:30 - 11:30
receive a 15 minute chair massage for only \$8.

Manicures - Thursday Dec. 10 - 9:30 - 1:00, \$6.00 or \$7.00 for French

Roberta Our Hairdresser— out until further notice

Reiki Treatments: Thursday, Dec. 17 (3rd Thursday of month) - 9:30-11:45: Please call 781-942-6794 for an appointment. The fee for ½ hour treatment is \$15. Reiki facilitates healing, promotes mindfulness, complements any form of medical treatment.

FITNESS FOR ALL

Mondays:

- **Yoga**—Mondays 11:00 - 12:00 - 4 weeks for \$40 or \$11 drop in
- **Zumba Gold:** Kelli - 9:00 - 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins welcome. - \$5
- **FOREVER 49 - All your health needs in one program** 1:30 - 2:30 \$49/month or \$12 Drop-ins welcome. **FIRST CLASS FREE** - come try this class and see how to stay fit for life.

Tuesdays:

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4
- **Body & Brain Flexibility:** Tues. - Nov. 3 - Dec. 22 10:30 - 11:30. Learn skills to enhance memory and coordination! Classes are gentle and effective, designed for all abilities. 8 weeks \$35 or \$5 drop-in

Wednesdays:

- **Zumba Gold:** Veronica - 9:30 - 10:30 Drop-in \$5
- **FOREVER 49 - All your health needs in one program** 1:30 - 2:30 \$49 for the month or \$12 for Drop-ins.

Thursdays:

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4

Fridays:

- **B.E.S.T.** - Balance, Energy, Strength, Training 9:00 - 10:00 Lounge. Drop-in \$3/Session.



HEALTH SCREENINGS

Podiatry Clinic, Wed., Dec. 16, 1:30 - 4:30 Call (617) 629-2806 for an appointment. Please say this is an appointment at the **Pleasant Street Center**. Insurance is accepted with certain health diagnosis or the visit will be \$40.00, payable at time of service. If an insurance referral is needed, one needs to be on file before day of the visit, or there will be a \$40.00 for that visit.

Blood Pressure:

- Mon., Dec. 7 - 10:00 - 10:45 Hallmark Health
- Tues., Dec. 8 - 11:30 - 12:00 Donna Pierce, Nurse, Flu Shots & Blood Pressure
- Tues., Dec. 15 - 10:15 - 10:45 sponsored by Rite-Aid Blood Pressure and pneumonia shots

CLASSES, CRAFTS

Art Lessons with Steve Greco: Tuesdays, 9:30 - 12:00 2 ½ hours for \$10.00. Steve will teach any medium

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 New knitters & crocheters welcome.

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

- Weds with John Walsh 10:00 - 11:00

- Tues. with Nancy from 10:00 - 11:30

Painting Group, Fridays, 9:30 - 11:30 No in-



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available IMPORTANT VAN INFORMATION PLEASE READ These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time</p>	<p>1 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Fuel Assistance 9:30 Art Lessons 10:00 Computer lessons 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo Turkey Casserole or Egg Salad Sandwich</p>	<p>2 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 10:00 Writing Group 12:00 Lunch 12:00 SHINE 1:00 DOWNTOWN/ Groceries/Library 1:30 Forever 49 Pot Roast or Chef Salad</p>	<p>3 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music/ 9:30 Chair Massage 10:00 Matter of Balance 10:00 Scuttlebutt 12:00 Lunch 12:30 MAH JONGG 12:00 SHINE 1:00 Movie Chicken Piccata or Tuna Salad Sandwich</p>	<p>4 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Fish Filet or Chicken Salad Sandwich</p>
<p>7 9:00 DOWNTOWN/ Groceries/Library 9:00 Zumba 11:00 Yoga 11:30 Blood Pressure 12:00 Lunch 1:00 Walmart/Home Goods 1:00 Cribbage 1:30 Forever 49 Roast Turkey or Ham/ Swiss Cheese Sandwich</p>	<p>8 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computer lessons 10:30 Body/Brain Flexibility 10:30 Coping/Healing 11:30 Blood Pressure 12:00 Lunch 1:00 Bingo Chicken Paprika or Roast Beef/Swiss</p>	<p>9 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 10:00 Low-vision 12:00 Lunch 12:00 SHINE 1:00 DOWNTOWN/ Groceries/Library 1:30 Parkinson Support 1:30 Forever 49 3:00 Gingerbread House Hot Dog or Egg Salad</p>	<p>10 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Manicure 10:00 Ballet 10:15 Meet the Nurse Advocate 12:00 Lunch 12:30 MAH JONGG Creole Fish or Turkey</p>	<p>11 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones Cheese Lasagna or Garden Salad</p>
<p>14 9:00 DOWNTOWN/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 Spinach Frittata or Chicken Salad</p>	<p>15 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computer lessons 10:15 Blood Pressure/pneumonia shots 10:30 Body/Brain Flexibility 12:00 Special Lunch 1:30 Bingo Holiday Special Lunch Beef Burgundy</p>	<p>16 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 11:00 Book Club 12:00 Lunch 1:00 DOWNTOWN/ Groceries/Library 12:00 SHINE 1:30 Podiatrist 1:30 Forever 49 Fish or Roast Beef/ Swiss Cheese Sandwich</p>	<p>17 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Chair Massage 9:00 Reiki 12:00 Lunch 12:30 MAH JONGG 1:00 Movie Chicken Ginger or Egg Salad Sandwich</p>	<p>18 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Cheese Omelet or Chef Salad</p>
<p>21 9:00 DOWNTOWN/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Walmart/Home Goods 1:00 Cribbage 1:30 Forever 49 Chicken Marsala or Roast Beef/ Swiss Cheese</p>	<p>22 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computer lessons 10:30 Body/Brain Flexibility 12:00 Lunch 12:30 Select Chorus & Chime Choir 1:15 Bingo Salmon Filet or Chicken Caesar Salad</p>	<p>23 8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:00 DOWNTOWN/ Groceries/Library 1:30 Forever 49 American Chop Suey or Egg Salad Sandwich</p>	<p>24 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 10:00 Christmas Eve Brunch Christmas Eve Brunch Christmas Eve Brunch Cheese Omelets; French Toast; Sausage; Pastries</p>	<p>25 Pleasant Street Center & Town Hall Closed Christmas Day</p>
<p>28 9:00 DOWNTOWN/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 Fish Sticks or Chicken Salad Sandwich</p>	<p>29 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computer lessons 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo Roast Pork or Egg Salad Sandwich</p>	<p>30 8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:00 DOWNTOWN/ Groceries/Library 1:30 Forever 49 Mac & Cheese or Turkey/ Swiss Cheese Sandwich</p>	<p>31 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 11:00 Yankee Swap 12:00 New Year's Eve Party Chicken or Tuna Salad Sandwich</p>	<p>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch. Suggested donation \$2.00. Lunch - Re-serve the day before by noon</p>

On the Go!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Pleasant Street Center (781) 942-6794. The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Wal-Mart /HomeGoods for everyone

- Monday, December 7 1:00 - 2:30
- Monday, December 21 1:00 - 2:30

Woburn Mall, Target or Kohl's for everyone

- Monday, December 14 1:00 - 2:30
- Monday, December 28 1:00 - 2:30

Downtown Errands, Grocery Shopping or Library for everyone

- All Mondays, 9:00 - 10:15
- All Wednesdays, 1:00 - 2:15

Burbank YMCA for everyone - All Tuesdays and Thursdays, 8:30 - 10:30

Podiatrist at The Pleasant St. Center – December 16

Van transportation for appointments made between 1:30 - 3:00

Stop & Shop or Market Basket:

- Neighborhood Grocery Shopping Wednesdays, 8:45 - 10:00
- Cedar Glen Grocery Shopping Thursdays, 8:45 - 10:00
- Tannerville Grocery Shopping Fridays, 8:45 - 10:00

The Pleasant Street Center is closed Friday, December 25 (Christmas Day)

As a courtesy to others, please refrain from using colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

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SENIOR GROUPS

Low Vision Group: Low Vision Group, Wed., December 9, 10:00 am Holiday Social Party

Writer's Group: Wed., Dec. 2 10:00 -11:00 a.m. Join this drop-in community of writer's to share ideas, drafts, and spur each other on. The group will meet the first Wednesday of each month at 10:00.

Parkinson's Support Group: Returning Weds., Dec. 9, – 1:30 to 3 Led by Greater Medford VNA
Meets every 2nd Wed.

The Not Too Stuffy Book Group: *The Invention of Wings* by Sue Monk Kidd - Wed., Dec 16, 11:00 to 12:00 at the Pleasant St Center. The story follows Hetty 'Handful' Grimké, a Charleston slave, and Sarah, the daughter of the wealthy Grimké family. The novel begins on Sarah's eleventh birthday, when she is given ownership over Handful, who is to be her handmaid. Horrified at the idea of owning a slave, Sarah breaks convention and secretly teaches Handful to read and write. *The Invention of Wings* follows their journeys over the next 35 years, as both strive for a life of their own. Copies available at the Center or Library.

LIBRARY HAPPENINGS

LiveWires Presents: *Holiday Craft Night for Grown-Ups* Tue Dec 15, 7:00 at the Pleasant Street Center. Join us for a fun night of good old fashioned holiday arts and crafts. Led by Reading Public Library's creative staff, this holiday tradition features simple "make-and-take" crafts that include decorations and gifts. Be sure to bring your own bag to carry home all your creations. No talent, materials, or registration necessary—just enthusiasm!

SHINE—MEDICARE OPEN ENROLLMENT



Medicare Open Enrollment, is until December 7

You will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs.

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Meeting in the Computer Room - Plan for 2016: *it is important to review, understand and save this information! Appointment required.*

- Wednesdays, Dec. 2, 9, 16, and Thurs., Dec. 3, 12 – 3:00,

FUEL ASSISTANCE

Need help with paying for fuel? The Greater Lawrence Action Council will be in Reading 1 x per month through May taking applications. **APPOINTMENTS REQUIRED!** Call 781-942-6608

December 1, 9:30 - 12:00 - every 15 minutes
Town Hall conference Room, lower level

QUESTIONS/CONCERNS?

Elder/Human Services

Kerry Valle - (781) 942-6659

Council on Aging: Mon., Dec., 14,
6:30 Pleasant Street Center

Board of Selectmen Office Hours: Tues.,
Dec., 1 - 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours:
Fri., Dec., 11, 1:15—2:15

Senator Jason Lewis: Fri, Dec 20,
2:30—3:30

Congressman Seth Moulton

17 Peabody Square

Peabody, MA 01960

Phone: (978) 531-1669

Fax: (978) 531-1996

NURSE ADVOCATE



It is with great pleasure that we welcome Alyse Warren to the Elder/Human Services

staff as our new Nurse Advocate. Alyse is a registered nurse with experience working at Aberjona Rehabilitation and Nursing Center as well as Care Dimension. She brings great compassion and knowledge of geriatric health matters.

Alyse will be joining us on November 30 and will be a valuable resource on health matters to the Reading community.

To welcome Alyse we will be having a **breakfast reception on December 10 at 10:15 am.** Please stop by and wish Alyse well in her new role and have a lite breakfast.

READING ROAD TRIPS

Through the generosity of the Reading Council on Aging, we are now offering mini-trips on the Elder Services van. Transportation is free! Lunch and entertainment costs are the responsibility of the individual. Below is the schedule for January.

Tuesday, Jan. 12 — Northshore Mall, Peabody,
11:00 am — 2:00 pm

Thursday, Jan. 21 — Peabody Essex Museum,
11:00 am — 2:00 pm.

Seats are limited and we want to give all a chance to participate. We ask you to sign-up for one trip and check back five days before the next trip for availability. Reservations by calling (781) 942-6794. Open to **Reading** residents age 60+ . A minimum of 5 persons is required for the trip.



READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

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**DID YOU KNOW:**

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.